

Kentucky Medicaid Nurse Aide

Curriculum Guidelines

Kentucky Community and Technical College System
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MEDICAID NURSE AIDE CURRICULUM GUIDELINES

- I. INTRODUCTION: The 1987 Omnibus Reconciliation Act (OBRA) mandates education and competency evaluation for all nurse aides employed by nursing facilities in all states. This Kentucky Medicaid Nurse Aide Curriculum Guide meets the course requirements of the applicable Medicaid regulation (42 CFR 483.152). This seventy-five (75) hour nurse aide training program includes a minimum of sixteen (16) hours of supervised clinical instruction.

- II. Sixteen (16) hours of training in the following areas are required prior to any direct contact with the resident:
 - A. Communication and interpersonal skills
 - B. Infection control
 - C. Safety/emergency procedures, including clearing the obstructed airway - conscious adult
 - D. Promoting resident's independence
 - E. Respecting resident's rights
 1. providing privacy and maintenance of confidentiality
 2. promoting the resident's right to make personal choices to accommodate their needs
 3. giving assistance in resolving grievances and disputes
 4. providing needed assistance in getting to and participating in resident and family groups and other activities
 5. maintaining care and security of resident's personal possessions
 6. promoting the resident's right to be free from abuse, mistreatment, and neglect, and the need to report any instances of such treatment to appropriate facility staff
 7. avoiding the need for restraints in accordance with current professional standards

- III. The remaining theory/lab hours include the following:
 - A. Personal care skills
 1. transfers, positioning, and turning
 2. caring for the resident's environment
 3. bathing
 4. grooming, including mouth care
 5. dressing
 6. skin care
 7. bedmaking
 8. assisting with eating and hydration
 9. proper feeding techniques
 10. toileting, including specimen collection

- B. Basic nursing skills
 - 1. taking and recording vital signs
 - 2. measuring and recording height and weight
 - 3. recognizing abnormal changes in body functioning and the importance of reporting such changes to a supervisor
- C. Mental health and social service needs
 - 1. modifying aide's behavior in response to resident's behavior
 - 2. awareness of developmental tasks associated with the aging process
 - 3. how to respond to resident behavior
 - 4. allowing the resident to make personal choices, providing and reinforcing other behavior consistent with the resident's dignity
 - 5. using the resident's family as a source of emotional support
- D. Care of cognitively impaired residents
 - 1. techniques for addressing the unique needs and behaviors of individuals with dementia
 - 2. communicating with cognitively impaired residents
 - 3. understanding the behavior of cognitively impaired residents
 - 4. appropriate responses to the behavior of cognitively impaired residents
 - 5. methods of reducing the effects of cognitive impairments
- E. Basic restorative services
 - 1. training the resident in self-care according to the resident's abilities
 - 2. use of assistive devices in transferring, ambulation, eating, and dressing
 - 3. maintenance of range of motion
 - 4. proper turning and positioning in bed and chair
 - 5. bowel and bladder training
 - 6. care and use of prosthetic and orthotic devices
- F. Caring for residents when death is imminent

TITLE	CHAPTER	TIME
II. A. Communication and interpersonal skills	1, 2 (omit child & domestic abuse), 3, 4 , 5 & 6	6.0 hrs
B. Infection control	13 (omit surgical asepsis)	3.0 hrs
C. Safety/emergency procedures, including clearing the obstructed airway - conscious adult	10, 11, 12 & 40 (omit CPR) include "Vomiting" from page 606	3.0 hrs
D. Promoting resident's independence	6 & 8	2.0 hrs
E. Respecting resident's rights	1 (pp. 9-11)	2.0 hrs

This completes the requirements of 16 hours theory before the student can have direct contact with a resident.

III. A. 1. Transfers, positioning, and turning	14 & 15	3.0 hrs
2. Caring for the resident's environment	16 & 25	1.0 hr
*3. Bathing, including mouth care	18	10.0 hrs
*4. Grooming	19	
*5. Dressing	19	
*6. Skin care	15 (pp 218), 18 & 32	
7. Bed making	17	4.0 hrs
**8. Assisting with eating and hydration	22	2.0 hrs
**9. Proper feeding techniques	22	
10. Toileting	20 (omit ureterostomy & dialysis), 21 & 30	4.0 hrs

TITLE		CHAPTER	TIME
III. B.	1. Taking and recording vital signs	28	8.0 hrs
	2. Measuring and recording height and weight	31	1.0 hr
	3. Recognizing abnormal changes in body functioning and the importance of reporting such changes to a supervisor	25, 26, 34 & 35	2.0 hrs
*III. A. 3, 4, 5, and 6 are to be taught in 10 hours.			
**III. A. 8 and 9 are to be taught in 2 hours.			
*III. C.	1. Modifying aide's behavior in response to resident's behavior	6, 8, 9, 36 & 37	4.0 hrs
	2. Awareness of developmental tasks associated with the aging process		
	3. How to respond to resident behavior		
	4. Allowing the resident to make personal choices, providing and reinforcing other behavior consistent with the resident's dignity		
	5. Using the resident's family as a source of emotional support		

TITLE	CHAPTER	TIME
*III. D. 1. Techniques for addressing the unique needs and behaviors of individuals with dementia 2. Communicating with cognitively impaired residents 3. Understanding the behavior of cognitively impaired residents 4. Appropriate responses to the behavior of cognitively impaired residents 5. Methods of reducing the effects of cognitive impairments		
*III C. and D. are found in chapters 6, 8, 9, 36 & 37 and are to be taught in 4 hours.		
*III. E. 1. Training the resident in self-care according to the resident's abilities 2. Use of assistive devices in transferring, ambulation, eating, and dressing 3. Maintenance of range of motion 4. Proper turning and positioning in bed and chair 5. Bowel and bladder training 6. Care and use of prosthetic and orthotic devices	20 (Bladder Training – pg 349) 21 (Bowel Training – pg 357) 24 (Range-of-motion exercises – pp 414-418) & 39 39	2.0 hrs
III. F. Caring for residents when death is imminent	41	2.0 hrs

*III. E. is found in chapters 20, 21, 24 & 39 as noted above and the total time is 2 hours.

Chapter 7 "Body Structure and Function" needs to be integrated as it relates to content.

A minimum of three (3) multiple choice tests are required.

Required texts for students and instructors:

Sorrentino, S. A. and Gorek, B. (2007). *Mosby's textbook for long-term care nursing assistants (5th ed.)*. St. Louis, MO: Mosby- Elsevier, Inc.

Kelly, R. (2007). *Mosby's workbook for long-term care assistants (5th ed.)*. St. Louis, MO: Mosby-Elesvier, Inc.

Kentucky Community and Technical College System (2003). *Kentucky medicaid nurse aide testing procedures manual and study guide*.

Resource materials for teachers:

- (1) Mosby has an instructor website: <http://evolve.elsevier.com> with many great resources. Registration and verification of instructor status required
- (2) *Instructor's resource manual: Mosby's textbook for long-term care nursing assistants (5th ed.)*. St. Louis, MO: Mosby-Elsevier, Inc.
- (3) The Federal Law related to Nurse Aide Training and Competency Evaluation (42 USC 1396r) and the Federal Regulation (42 CFR 483.152) can be found at <http://www.gpoaccess.gov>.
- (4) The Kentucky Administrative Regulation (907 KAR 1:450) about nurse aide training and the registry can be found at <http://www.lrc.ky.gov>.
- (5) The Kentucky Department for Medicaid Services Program Manual can be found at <http://chfs.ky.gov/dms/incorporated.htm> and scrolling down to 907 KAR 1:450.

NOTE: Compliance with all applicable regulations is the responsibility of the instructor and program administrators. The most recent Kentucky regulations were effective 12/1/06.

INFORMATION FROM MOSBY REGARDING THE NEW 5TH EDITION TEXTBOOK

With the new 5th Edition of the Sorrentino, Mosby's Textbook for Long Term Care Assistants, 5th edition Kentucky facilities will have a choice of two (2) packages. Both of the packages should be available **February 1st**.

ISBN 9781416094104 (\$52.00) will contain both the textbook and the student workbook.

ISBN 9781416094098 (\$62.00) will contain both the textbook and the student workbook **but** also includes a Nursing Assistant Skills DVD. This DVD is not to be confused w/ the CD-Rom that already accompanies the textbook.

The Nursing Assistant Skills DVD shows 25 different skills performed by actual nursing professionals. Everything from bathing to taking vitals is covered.

The textbook/workbook/DVD package is assembled per order. It will take approximately 7-10 business days, from your order date, to receive it. The textbook/workbook package will usually arrive within 5-7 business days.

Nursing Facility and secondary programs will receive 10% off the retail price of \$52.00 and \$62.00 prices for the two (2) packages above. The above prices include a pre-sale discount of 15%. With the pre-sale discount of 15% plus the 10% quantity discount the total discount amounts to 25%. These packages usually sell for \$58.00 and \$68.00 respectively.

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